

VANDERBURGH COUNTY DEPARTMENT OF HEALTH

Simple Steps to Slow or Stop the Spread of Influenza A (H1N1) / North America / Human Virus



- Sing a Song

Sing "Happy Birthday" twice as you rub your hands together with soap before rinsing. If you do not have access to soap and water use a hand sanitizer. Be sure to wash your hands often, especially before eating or after coughing or sneezing.

- Sneeze in your Sleeve

If you do not have a tissue, sneeze or cough in the bend of your elbow. Be sure to wash your hands afterwards.



- Stay Home if you are Sick

If you are having flu-like symptoms, stay home from work or school. Call your Doctor for instructions or if you are experiencing severe symptoms go to the Emergency Room.



www.vanderburghgov.org/health

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